



BAFO Services LLC

Industry: Government Contracting Business Development
Length of Internship: 6-12 weeks
Location: Norfolk, VA
Open Internship: Government Contracts and Proposal Support Specialist; Business Development Specialist

B.S. & L Corporation/Mr. Fix-it

Industry: Entrepreneurship and Program Management
Length of Internship: 6-12 weeks
Location: Ashland, VA
Open Internship: Exterior Remodeling Apprentice, Ashland, VA

Beast Mode Trucking

Industry: Transportation
Length of Internship: 6-16 weeks
Location: Woodbridge, VA
Open Internship: Truck Driver, Operators, Woodbridge, VA

Blue Dragon Publishing, LLC

Industry: Entrepreneurship and Program Management
Length of Internship: 12 weeks
Location: Williamsburg, VA
Open Internship: Publishing Project Manager; Entrepreneurship

Blue Sky Distillery

Industry: Manufacturing
Length of Internship: up to 24 weeks
Location: Smithfield, Va.
Open Internship: Manufacturing Intern

Claxton Logistic Services, LLC

Industry: Defense Contracting
Length of Internship: 12 weeks
Location: Stafford, VA
Open Internship: Acquisitions Logistics Financial Management Project Management

Collins Machine Works

Industry: Manufacturing
Length of Internship: 12 weeks
Location: Portsmouth, VA
Open Internship: Machinist

Command Post Technologies

Industry: Network Engineering
Length of Internship: 14 weeks
Location: Suffolk, VA
Open Internship: IT System Administrator

Craddock Group, LLC

Industry: Management
Length of Internship: 24 weeks
Location: Arlington, Va.
Open Internship: Management Analyst Intern

CVS Health

Industry: Healthcare, Management
Length of Internship: 12 weeks
Location: Statewide, VA
Open Internship: Store Manager in Training

CW Wright Construction

Industry: Construction
Length of Internships: 12 weeks
Location: South Chesterfield VA
Open Internships: Electrical Lineman Intern

Elevated Technologies

Industry: Intelligence Technologies, Defense
Location: Virginia Beach, VA
Length of Internship: 12 – 24 weeks
Open Internship: Operations

ERUdyne Inc.

Industry: Crisis Management
Location: Newport News, VA
Length of Internship: 12 – 24 weeks
Open Internship: Crisis Management Trainee



EvaluCraft Global, LLC.

Industry: Research and Analysis

Length of Internship: 12 weeks

Location: Arlington, VA

Open Internship: Data and Evaluation Analyst

EXIT Landmark Realty Lorton

Industry: Real Estate

Length of Internship: 8 weeks

Location: Lorton, VA

Open Internship: Real Estate Trainee

Fairfax County Police Department

Industry: Law Enforcement

Location: Fairfax, VA

Length of Internship: 20 weeks

Open Internship: Police Recruit

Fairlead Integrated

Industry: Electrical & Mechanical

Location: Suffolk, VA

Open Internship: Maritime Rigger/Weight Handler: 12 Weeks

Welder: 12 weeks, **Electrician:** 12 weeks

Forge Group LLC.

Industry: Operations Management, IT, Commercial Services, International Affairs

Location: Arlington, VA

Open Internship: Management, IT, Consulting

Frye Properties, Inc.

Industry: Real Estate

Location: Norfolk, VA

Open Internship: Development/Property Management, Norfolk, VA

Groundworks

Industry: Construction

Length of Internship: 7 weeks

Location: Virginia Beach, VA

Certifications: Certified Field Inspector

Open Internship: Certified Field Inspector

IPConfigure

Industry: Video Management Software

Length of Internships: 22 weeks

Location: Norfolk, VA

Open Internships: Java Intern

ITA International

Industry: Industrial Services

Length of Internships: 12 weeks

Location: Newport News, VA

Open Internships: IT Intern & Data Analytics

James City County

Industry: Government

Length of Internship: 24 weeks

Location: Williamsburg, VA

Open Internship: Human Resource Analyst / Procurement Officer / Transit Authority Intern

James Madison University

Industry: Education

Length of Internship: 12 weeks

Location: Harrisonburg, VA

Open Internship: Photography Assistant

James River Insurance

Industry: Insurance, HR

Length of Internship: 12 weeks

Location: Richmond, VA or remote

Open Internship: Insurance Underwriting fellow, HR fellow

Lyon Shipyard, Inc.

Industry: IT, Business

Length of Internship: 12 weeks

Location: Norfolk, VA

Open Internship: Shipyard Tech./ Welder

Linkitall, LLC

Industry: IT, Business

Length of Internship: 12 weeks

Location: Fredericksburg, VA

Open Internship: Insurance Underwriting fellow, HR fellow



Marines Services Co.

Industry: Residential Plumbing
Length of Internship: 20-24 weeks
Location: Manassas, VA
Open Internship: Residential Plumber

Marstel-Day, LLC

Industry: Management Services
Length of Internship: 12 weeks
Location: Fredericksburg, VA
Open Internship: Intern-Consultant

MEB General Contractors

Industry: Construction
Length of Internship: 12 weeks
Location: Chesapeake, VA
Open Internship: Project Manager, Asst. Superintendent, Project Engineer

MI Technical Solutions

Industry: IT
Length of Internship: 12 weeks
Location: Chesapeake, VA
Open Internship: IT Intern

M. I. C Industries, Inc.

Industry: Industrial Construction Tech.
Length of Internship: 12 weeks
Location: Clear Brook, VA
Open Internship: Technical Support Technician

Micron Technology, Inc.

Industry: Semiconductor
Length of Internships: 6-7 weeks
Location: Manassas, VA
Open Internships: Metrology Shift Technician, Photo Team Technician, Equipment Technician

Norfolk Naval Shipyard

Industry: Defense/ Shipbuilding
Length of Internship: 6-12 weeks
Location: Portsmouth, Va.
Open Internship: Non- Nuclear Inspector

Newport News Shipbuilding

Industry: Ship Building, Defense
Length of Internship: 6-20 weeks
Location: Newport News, Va.
Open Internship: Talent Acquisition Specialist, Ship Building Trades, Machine Works

Old Dominion University

Industry: Education- Human Resources
Length of Internship: 12 weeks
Location: Norfolk, Va.
Open Internship: Human Resources Intern

Opus Wealth Strategies

Industry: Finance
Length of Internship: 12 weeks
Open Internship: IT Specialist, Business Development Manager

QED Systems Inc.

Industry: Engineering and Technical Services
Length of Internship: 12 weeks
Location: Norfolk, VA
Open Internship: Welder

S. L. Nusbaum

Industry: Real Estate- Property Management
Length of Internship: 12 weeks
Location: Norfolk, Va.
Open Internship: Maintenance Technician

SCIPP International - The Security Awareness Certification Company

Industry: Cyber
Length of Internship: 18 weeks
Location: Vienna, VA
Open Internship: Senior Advisor, Risk Management



SmithField Foods

Industry: Corporate

Length of Internship: 16 weeks

Location: Smithfield, VA

Open Internship: Talent Acquisition

StratasCorp

Industry: IT

Length of Internship: 12 weeks

Location: Chesapeake, VA

Open Internship: Shipboard IT Technician

Sweet Redemption Bakery & Cafe

Industry: Baking/Store Management

Length of Internship: 12 weeks

Location: Chesapeake, Va.

Open Internship: Bakery Associate

Technical Systems Integration

Industry: Architectural / Engineering

Length of Internship: 12 weeks

Location: Norfolk, VA

Open Internship: Project Management, Instructional System Designer, IT Helpdesk/SharePoint

City of Norfolk Government Offices

Industry: Government

Length of Internship: 6-12 weeks

Location: Norfolk, Va.

Open Internship: Animal Caretaker, Customer Service Representative, Rent Ready Norfolk Program Manager, GIS Technician I/II, Civil Engineer II/III Project Manager, Business Development Specialist, HR Analyst/HVNFP Intern Analyst, Resilience Analyst, Procurement Buyer

Phoenix Group of Virginia, Inc.

Industry: Defense Contracting

Length of Internship: 12 weeks

Location: Virginia Beach, Va.

Open Internship: Electrician, Machinist, Combat Systems Tech., Communications Spec.

PrimCorp, LLC

Industry: Management

Length of Internship: 12 weeks

Location: Arlington, Va.

Open Internship: CSP Military Intern

City of Virginia Beach Government Offices

Industry: Government

Length of Internship: 12 weeks

Location: Virginia Beach, Va.

Open Internship: Administrative Assistant CoVB Human Resource-ER Analyst, Engineer- Stormwater Engineering

Virginia Beach Police Department

Industry: Law Enforcement

Length of Internship: 12 weeks

Location: Virginia Beach, Va.

Open Internship: Sworn Law Enforcement Professionals

Virginia Beach Sheriff's Office

Industry: Law Enforcement

Length of Internship: 12 weeks

Location: Virginia Beach, Va.

Open Internship: Sworn Law Enforcement Professionals



Virginia Department of Conservation and Recreation

Industry: Natural Resources
Length of Internships: 6-12 weeks
Location: Richmond, VA
Open Internships: Park Ranger

Virginia Department of Wildlife Resources

Industry: Wildlife Conservation
Length of Internships: 6-12 weeks
Location: Richmond, VA
Open Internships: Small Game Wildlife Field Technician, Farmville, VA
Safety Officer, Henrico, VA

Virginia Department of Veterans Services

Industry: Government Services
Length of Internships: 6-12 weeks
Location: Richmond, VA
Open Internships:
Education-Program/ Project Management
HR-Classification/Compensation Analyst

Virginia Tech

Industry: Agriculture
Length of Internship: 12 weeks
Location: Suffolk, VA
Open Internship: Agricultural Apprentice

Virginia Technical Academy

Industry: Skilled Trades Education
Length of Internships: 18-20 weeks
Location: Newport News, VA
Open Internships: Technical Training and Development Specialist

W. M. Jordan Company

Industry: Contractors & Construction
Length of Internships: 12 weeks
Location: Newport News, VA
Open Internships: VDC Field Engineer

William A. Hazel, Inc.

Industry: Construction
Length of Internship: 12 weeks
Location: Chantilly, VA **Certifications:**
OSHA 10 Construction **Open**
Internship: Operation Pipe Crew,
Excavation Operator

Westmoreland Davis Memorial Foundation, Inc.

Industry: Property Management/Construction
Length of Internship: 12 weeks
Location: Leesburg, Va.
Open Internship: Building and Grounds Team Member

WillowTree

Industry: Computer Systems Design and Related Services, Project Management
Length of Internship: 18 weeks
Location: Charlottesville, VA
Open Internship: Project Management Fellowship

Zel Technologies

Industry: Human Resources, Recruitment
Length of Internship: 6-18 weeks
Location: Hampton, VA
Open Internship: Human Resources Specialist